

Ideas to Help Youth with FASD Stay Home and Healthy During Covid-19

By Connecting....



- Strengthen the relationship by spending meaningful time together doing activities of interest to them (movie night, dance party, make a music video, pizza night, play board or video games, slumber party, camp out in the living room, create/make art together).
- Seek their input to develop daily activities that the youth is interested in and can feel successful with (prepare a daily meal together, watch a funny video or go for a walk).
- Help them develop a routine to have a purpose, make the day more predictable and less boring. Having a plan for the day can help feel some control over parts of their life.
- Normalize feelings of sadness, worry, stress and frustration they may be experiencing. Suggest others are also feeling like this. Encourage thinking about positive thoughts throughout the day. Consider things that they may be grateful for (make a list together).
- Help them figure out ways to connect with friends and arrange a virtual hang out while remaining at home. Explore social platforms to connect safely through social media.
- Try to decrease stressors in the home and create a pleasant environment. This may mean picking your battles and reducing expectations.

By Informing them....



- Ask what they know about the pandemic and help clarify misconceptions. Help them understand their feelings are valid and determine ways to reduce stress or anxiety.
- Ensure they have some basic information about Covid-19 (how it spreads, public health orders -including fines-, how to exercise precautions and risks of not following these).

By Encouraging them.... (Harm Reduction)



- Visiting with 1 or 2 friends at a time, stand 6 feet apart or more.
- Encourage the use of a face covering while they are out (you could make a mask together, have them pick the pattern). Look up how to use it properly and practice it together. If possible, provide extra masks for 1-2 friends.
- Guide youth to select activities outside.
- Suggest time frame to be away, keeping outings as brief as possible.
- Ensure proper hand washing upon return to the home.